

2026 - SJHHS Girls Lacrosse

Agenda

- Intros
- SJHHS Mission Statement/GLAX Guiding Principles
- Teams
- Communication
- Two-sport athletes
- Website
- 7th period PE class
- Tentative calendar/Schedule
- Costs
- Parent Committee



Michael Welter – Head Varsity Coach/Director

College: Cal Poly Pomona

Coaching Experience:

Girls Lacrosse at SJHHS (2013-current)

Fillies Girls Lacrosse

Baseball (HS & Youth) – 15 years

Certifications

- US Lacrosse – Level 1, 2 & 3
- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP
- Safesport

Playing Experience:

Cal Poly Pomona – Baseball

Orange Coast College – Baseball

Claire Welter – Assistant Varsity Coach

College: Kent State University

Coaching Experience:

Girls Varsity Lacrosse at SJHHS (2024 - current)

Fillies Girls Lacrosse

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

Kent State University: Lacrosse

SJHHS – Lacrosse & cross country

Tim Cassi – Goalie Coach

College: King's College (PA)

Coaching Experience:

Corona del Mar HS, Focus Lacrosse, French National team, Whittier & Chapman Colleges

Izzy Nikolenko – Head JV Coach

College: Northern Arizona Univ.

Coaching Experience:

Girls JV Lacrosse at SJHHS (2024-current)

Fillies Girls Lacrosse

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

NAU – Lacrosse

SJHHS – Lacrosse

Chloe Klein – Asst. JV Coach

College: Scripps College

Coaching Experience:

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

Scripps College – Lacrosse

SJHHS – Lacrosse & soccer

Gwen Gaylord – Asst. JV Coach

College: Univ. of Colorado, Boulder

Coaching Experience:

Fillies Girls Lacrosse – Summer 2025

Certifications

- CPR/AED/First Aid
- NFHS – FofC/CIS/SCA/HIP

Playing Experience:

UC Boulder – Lacrosse

SJHHS – Lacrosse & soccer



SJHHS Athletic Mission Statement

It is our commitment to help each student realize her potential as a responsible and contributing member of the community. We work to stimulate the spirit of inquiry, the acquisition of knowledge and understanding, and the thoughtful formulation of worthy goals.

Where is the word SPORTS?



Stallion Girls Lacrosse Guiding Principles

TEAM

Team is first! No individual, player or coach, is more important than the team. An assist, ground ball, defensive stop, take-away, etc., is just as important as scoring a goal. **Make your teammates look good!**

GRIT

Hustling, with purpose, throughout practice & games is a **core expectation**. It is a primary discipline of playing any sport and *speaks to an athlete's desire, perseverance and passion* to succeed. **Go get me that ball!**

INTEGRITY

Respect for teammates, opponents, coaches, officials, fans on both sides and ONESELF is a requirement and **paramount** of all SJHHS Girls Lacrosse players and parent-members in our community. **Win with GRACE & lose with CLASS.**

FUNDAMENTALS

Fundamental skillsets are a **necessity** in improving individually as well as a team. As an athlete improves fundamentally, she is also gaining self-confidence which allows her to take her game to the next level. **You can't advance if you can't catch & throw.**

CHARACTER

Winning is simply a by-product of hard work, discipline and a relentless pursuit to constantly be the best version of oneself.



Embrace The Process

1. PROCESS OVER OUTCOME

- You can't control the scoreboard
- But you can control your effort, attitude & preparation
 - Practice how you want to play!

2. ADVERSITY IS INEVITABLE; **YOUR RESPONSE IS A CHOICE**

- Problem Solvers & Critical Thinkers
- Nimble & be able to pivot

3. TEAM CHEMISTRY IS AN INTANGIBLE POSITIVE FORCE

- Talent wins games
- Trust & Culture win championships

4. THE MARGIN FOR ERROR IS RAZOR-THIN

- Fundamentals and mental focus are everything
- Practice like details decide the game, because they do

5. THE JOURNEY IS THE REWARD

- Winning fades
- The pursuit – the **grind**, the **growth**, the **memories**



TEAMS

VARSITY

Teagan	Acevedo
Roselyn	Anderson
Madi	Beatty
Ezra	Carraway
MJ	Chapman
Natalie	Chen
Lacy	Duckwitz
Sadie	Duff
Lauryn	Harris
Victoria	Hernandez
Katelyn	Johnson
Kailani	Kingsbury
Cate	Kugel
Brenna	Land
Kenna	Maguire
Maddie	Okumura
Blaire	Thompson
Sovo	vonKaenel
Jade	Yates

JUNIOR VARSITY

Cora	Almeida
Valeria	Alvarado
Kiki	Bryan
Mikaela	Bullock
Naomi	Christy
Isla	Dalton
Autumn	English
Ella	Folz
Genesis	Gaxiola
Brynn	Goodell
Brekyn	Hadley
Ciara	Kowarsky
Penny	Lo
Braylin	Perry
Peyton	Ruig
Kashika	Sahay
Olivia	Solomon
Janice	Sterling
Savy	Thompson
Danika	Vicente
Summer	Yates



Playing Time

- The best players play
- Playing time is earned, not given.
- If you are hungry for playing time, you must find ways to separate yourself from the pack. Your GRIT or HUSTLE (one of our pillars) must be off the charts. Your coachability, LAX IQ and dedication to your FUNDAMENTAL skills (one of our pillars) must be unmatched.
- The following qualities are evaluated when making playing time decisions.

ATTITUDE

ATHLETICISM

LAX IQ

PRODUCTION

IMPACT

RESULTS

CONSISTENCY

DEDICATION

BODY
LANGUAGE



10 Things That Require ZERO Talent

1. *Being On Time*
2. *Work Ethic*
3. *Effort*
4. *Energy*
5. *Body Language*

6. *Passion*
7. *Doing the Extra Work*
8. *Being Prepared*
9. *Coachability*
10. *Attitude*



Reminders

FAIR \neq EQUAL

Don't confuse **EFFORT** *with* **RESULTS**

FAILURE is a great teacher

Get **COMFORTABLE** with the
UNCOMFORTABLE



Communication

PLAYERS

- We encourage YOU to communicate w/ your coaches because we are YOUR coaches, not your parents'.

- Basic information flow

- SJHHS Website

<https://www.sjhstallions.com/girlslacrosse>

Coach Welter

- 714-393-3075
- sjhglax@gmail.com
- Email – copy at least ONE parent



Communication

“Players play, coaches coach & parents cheer”



Communication

PARENTS – Encourage your daughters to communicate with the coaches – this is a step towards independence and personal responsibility.

Your daughter's success or lack of success in sports does NOT indicate what kind of parent you are.

But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries her best IS a direct reflection of your parenting.

Open door policy, however:

- Allow 24 hours
- Don't communicate feelings/emotions/etc. through email or text
- Not on the field in front of players or during practice time
- Any topic except *playing time & positioning*



Athletic Seasons

Fall

- Flag Football
- Cross Country
- Volleyball
- Tennis
- Golf

Winter

- Soccer
- Water Polo
- Basketball

Spring

- **LACROSSE**
- Softball
- Track & Field

→ **Music/Band/Choir/Theater**

- Please communicate with your coaches as to your attendance
- Winter sports – we'd like to see you before February 3rd



7th Period PE

Currently enrolled athletes must continue to attend through end of semester

- ***Mandatory for PE credit***

Starting on January 5th

Every athlete will be enrolled

NO weightlifting

PRE-SEASON PRACTICE

- ***Monday through Thursday – 5-7pm (usually)***
- ***Sticks/Goggles/Cleats/Mouthguards/Pinnies/Water***
 - ***Be READY to warm-up by 5pm!!!!!!!***

BOOK/WEEKLY HOMEWORK

- ***Weekly reading and lacrosse journal checks***



Tentative Calendar

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 05:00 PM Lacrosse, Girls VR	2	3 05:00 PM Lacrosse, Girls VR	4	5	6
7	8 05:00 PM Lacrosse, Girls VR	9	10 06:00 PM Girls Lacrosse Parent Meeting YKJ47QBF5LP5 Lacrosse, Girls VR	11	12	13
14	15 16 17 18 FINALS			19	20	
21	22 05:00 PM Lacrosse, Girls VR	23 05:00 PM Lacrosse, Girls VR	24	25	26	27 02:00 PM GLAX ALUMNI GAME Lacrosse, Girls VR
28	29 05:00 PM Lacrosse, Girls VR	30 05:00 PM Lacrosse, Girls VR	31			



Tentative Calendar

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 05:30 PM Lacrosse, Girls VR 1 st day back	6 05:30 PM Lacrosse, Girls VR	7 05:00 PM Lacrosse, Girls VR	8 05:30 PM Lacrosse, Girls VR	9	10 Stallion Showcase
11	12 TBA	13 05:30 PM Lacrosse, Girls VR	14 TBA	15 Joint practice @ SCHS – 6pm	16	17 ZebraFest Winter Formal
18	19 MLK	20	21	22	23	24
25	26 05:30 PM Lacrosse, Girls VR	27 05:30 PM Lacrosse, Girls VR	28 05:00 PM Lacrosse, Girls VR	29 05:30 PM Lacrosse, Girls VR	30	31



Tentative Calendar

February 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 05:00 PM Lacrosse, Girls VR	4 05:00 PM Lacrosse, Girls VR	5 05:00 PM Lacrosse, Girls VR	6	7 LAXTown Rivals
8	9 05:00 PM Lacrosse, Girls VR	10 05:00 PM Lacrosse, Girls VR	11	12 05:00 PM Lacrosse, Girls VR	13	14
15	16	17 05:00 PM Lacrosse, Girls VR	18 05:00 PM Lacrosse, Girls VR	19 05:00 PM Lacrosse, Girls VR vs Edison/HB 06:30 PM Lacrosse, Girls JV vs Edison/HB	20	21 11:00 AM Lacrosse, Girls VR vs Beckman, Arnold 12:30 PM Lacrosse, Girls JV vs Beckman, Arnold
22	23 05:00 PM Lacrosse, Girls VR	24 05:00 PM Lacrosse, Girls VR @ University 06:30 PM Lacrosse, Girls JV @ University	25 05:00 PM Lacrosse, Girls VR	26 05:00 PM Lacrosse, Girls VR @ Huntington Beach 06:30 PM Lacrosse, Girls JV @ Huntington Beach	27	28



Game Schedule

- **Pre-Season Tournaments**

- Zebrafest (1/24) – @Trabuco Hills HS
- LAXTown Rivals (2/7) – @Murrieta Mesa HS

- **Non-league**

Home – Edison, Beckman, Chaparral, Los Alamitos

Away – University, Huntington Beach, CDM, Newport Harbor, Mater Dei & Gold Coast Tournament (SB) – 2 games (3/6-3/8)

- Tournament fees covered
- Hotel fees will be extra

- **South Coast League** (Home/Away)

- El Toro (2x)
- Aliso Niguel (2x)
- San Clemente (2x)
- Trabuco Hills (2x)





ATHLETIC CONTRIBUTION FORM
Girls Lacrosse

Player Name _____

Date _____

Athletes are asked to make the suggested donation amount for EACH sport they participate in during the school year.

This donation will help cover the cost of the following:

- Uniforms & practice gear
- Equipment & Supplies
- Coaches
- Officials
- Conditioning & training program
- Transportation

Parents are not required to make donations and all students may participate in extracurricular activities regardless of whether a donation is made.

If our program does not raise enough money in donations, we will be forced to eliminate items from the budget to reduce costs. This will be at the discretion of the Head Coach & Athletic Director.

Single Payment – 12/10 - \$550.00

Two Payments – 12/10 - \$275.00
 2/1 - \$275.00

Three Payments – 12/10 - \$185.00
 2/1 - \$185.00
 4/1 - \$180.00

I cannot pay but can do something else

**Matching Gifts: Many companies offer matching gifts programs by matching a donation to non-profit groups. The above donation qualifies as a gift that your company will match to double your donation. Note company and enclose matching gifts form with your donation.*

These athletic program donations are considered a charitable donation under Tax ID # 68-0647904.

Paying by Cash Amount enclosed \$ _____

Paying by Check Make checks payable to **SAN JUAN HILLS BOOSTERS** Check # _____
*Please notate "Girls Lacrosse" and player's name on the memo line.

Paying by Credit Card Confirmation number _____



Budget



EXPENSES	
Coaching (Assistant stipends, Goalie Coach, Alumni)	\$19,750
Equipment/Uniforms/Etc.	\$7,970
Senior Night & Awards Banquet	\$5,340
General Support (Game Film/HUDL/MaxPreps/Tournaments)	\$6,390
	\$39,450
INCOME	
Fundraisers (Christmas Tree/Wrapping Paper/Banners/Dinners/Etc.)	\$1,940
Reserve money	\$15,000
Snack Bar	\$1,000
	\$17,940
SHORTFALL	
TOTAL	\$21,510
Average Per Player	\$552



Booster Options

- Membership Levels

\$30 - Solo - Car Decal

\$60 - Society - Car Decal, Booster T-Shirt

\$450 - Sideline Banner (stays in stadium for 12 months)

Fundraisers

Booster-led

- Christmas Trees – **need update**
- Charleston Wrap- \$139 profit
- Company Match programs

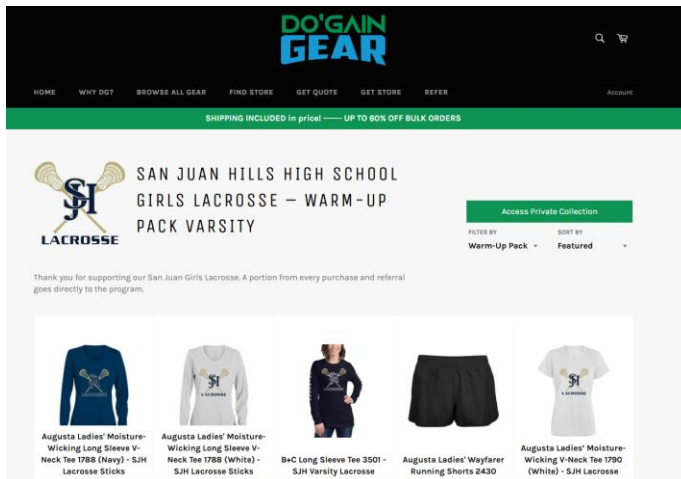
Team-led

- eTeamz
- Pickle Ball Tournament (January)
- Experiences
 - Club Box Seats
 - VIP Field Viewing



Uniforms/Practicewear

- Uniform tops (white & blue) + shorts (blue)
- Shooter shirts (white & navy)
 - Uniform sizing needed TONIGHT
- Pinnies
 - Wash COLD & HANG dry
- Practice shorts
- Spiritwear for players & parents
 - <https://dogaingear.com/collections/san-juan-hills-high-school-girls-lacrosse>



- Lacrosse gear – Coach Welter



GLAX Parent Committee

Booster Representative – **David Thompson**

Snack Bar – **TBD**

Spiritwear/Uniforms – **Anne Chapman**

Awards Banquet – **Jonnelle Okumura + open**

Senior Night (non-senior parent) – **open**

Webmaster – **Alison Duff**

Social Media – **open**

Photographers – **open (need two; one for varsity & one for JV)**

Game announcer – **Mark Chapman**

Stats – **Jack Oman, Anne Chapman + open**



What Happens Next?

- **Fill in Data Sheet (if you haven't already)**
 - Please ensure we have your most current contact info, including parents' info
- **Commit to the Spring Donation**
- **Order your practice gear/sprirtwear**



Thank You!

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Appendix



Estimated Costs

- **Spring Season - Estimated @ \$550**
 - Payment plans will be available
 - Looking at fund-raisers to help



Taxi Squad

- A few players who were close to varsity material but would benefit from more playing time than they might get from being on varsity only.
- They would practice a few days a week with the varsity team and possibly play in the varsity game but more than likely end up playing in the junior varsity game.
- We've done this for the past three years and it really helped set up the program for future success.
- The athletes will be assessed each week, along with the status of all varsity players plus our opponents and these Taxi athletes will be asked to play either in the varsity game or the JV game, depending on the situation.
- I view this as the best of both worlds as they practice at varsity-level speed but could getting a lot of minutes in a JV game.
- This is also a ***fluid squad*** as athletes could move up and down depending on their progression, position injuries, absences, etc.

